

Special Topic— Teen Dating Violence Awareness and Prevention Month



February is **Teen Dating Violence Awareness and Prevention Month** with events kicking off on February 4th, which is *It's Time to Talk Day*. This is an annual event aims to generate conversations about healthy relationships and prevent teen dating violence and abuse because 3 in 4 parents have never talked with their teen about domestic violence. For more information, go [here](#).

On February 11, the National Latin@ Network, the national institute on domestic violence in the Latin@ community, invites you to wear orange, the color designated to raise awareness around Teen Dating Violence. Take a self or group photograph of you and colleagues dressed in orange and send it to us. They will post it on their blog. Please submit media to Pierre Berastain at pberastain@casadeesperanza.org. Include the names of participants and organizational affiliations.

Another way to celebrate is to make plans with the National Youth Advisory Board for the week of Valentine's Day. They've made it easy to do by creating a *Respect Week 2014 Guide* that can be found [here](#). Love is respect also has a lot of great resources [here](#)!

Funding Opportunities

OFFICE OF FAMILY VIOLENCE

A new Request for Proposals (RFP) from the Office of Family Violence will be issued in February. A pre-proposal conference will also be held to provide instructions and clarification on how to develop the proposal. **A notice will be sent out when the RFP has been posted. You will be able to find it on both the VDSS and eVA websites.**



OVW FY 2014 Technical Assistance Program Solicitation

OVW is soliciting applications for awards ranging from \$225,000 up to \$600,000. Awardees provide direct technical assistance to OVW grantees to enhance their efforts to successfully implement local projects addressing domestic violence, sexual assault, dating violence and stalking with the agency's funding. To be eligible, applicants can be public and private colleges and universities, tribal organizations, governments and nonprofits with or without 501(c)(3) status. The deadline is March 6, 2014. To learn more, go [here](#).

2014 Open Meadows Foundation Project Grants



The Open Meadows Foundation supports projects led by and benefitting women and girls, particularly those from vulnerable communities. Small and start-up organizations are strongly encouraged to apply. Proposals from organizations not previously funded by the foundation will be given priority.

Multiple awards of up to \$2,000 will be awarded. Deadlines to apply are February 15, 2014 and August 15, 2014. For more information, go [here](#).

FAQ— Grant questions \$\$\$\$

Should I do a budget amendment and if so, how do I do it?

February is a good month to review your budget and your spending to-date to determine whether or not a budget amendment is needed. Budget amendments must maintain the integrity of the original proposed work plan. New activities that change the overall scope of services are not acceptable. A budget amendment MAY be used for new items, not previously in the budget, which support ongoing activities, such as a thermal heat machine to treat bed bugs or public awareness costs.

A budget amendment should not be requested to move funds from one category to another simply because funds have not been spent as originally planned. To move funds from one category to another, you will need to describe why funds have not been spent as budgeted and/or that funds originally intended pay for certain expenses have been lost or are no longer available. For instance, if your program experienced staff turnover, in order to move unspent funds from the Salaries line item to the Building line item, you will need to show that funds originally intended to pay for Building costs such as rent have been lost. This is to avoid any appearance of supplantation. The loss of a grant could be one reason, so a denial letter from the funding agency would satisfy this need.

Programs may submit up to 2 budget amendments per grant year (per the Terms and Conditions of the contract) however, they will not be approved during the last 60 days of the grant year. It generally takes our office up to 2 weeks to process them, so *please turn in your Budget Amendment Request by April 15th. The sooner the amended budget is approved, the easier it will be for you to spend the funds.*

Budget amendment requests should be filled out on the budget amendment form (fill out all tabs) and accompanied by a budget narrative. Get the form on our website [here](#).

Training Opportunities

Intersection Between Interpersonal Violence Exposure and Military Service



February 20th from 3-4:30 PM EST

The Battered Women's Justice Project is pleased to announce a webinar on the intersection between interpersonal violence exposure and military service. Whether you work in Department of Defense, the Department of Veterans Affairs, or in a community-based program, this webinar will enhance your knowledge of the experiences of women who choose to serve our country that can be applied to improving the services provided for these women. For more information, click [here](#).

Promoting Safety Through Effective Representation/Advocacy for Victims of IPV

February 20th from 12-1 PM EST

The Battered Women's Justice Project will also hold a teleconference on effective representation and advocacy through safety planning. The presenter will discuss strategies for developing effective partnerships with victims to promote safety throughout the legal system and beyond. For more information, click [here](#).



Reproductive Health and Sexual Coercion Screening for DV Programs

February 10th from 10AM to 4PM in Richmond (1 of 4 regional trainings)

Participants will increase skills to screen effectively for reproductive health and sexual coercion in a domestic violence program setting. Trainers will draw from national training materials provided by Futures Without Violence, lessons learned from Virginia's Project Connect initiative, and results from a pilot project with 4 Virginia domestic violence shelters. For more information, go [here](#).

Engaging Latin@ Youth to End Teen Dating Violence

February 27, 2014 from 3-4:30 PM EST

During this webinar, presenters will discuss strategies for engaging Latin@ youth in the work to end teen dating violence. Participants will learn from the experiences of several community based organizations while they share specific tools to do this work in their communities and learn directly from the experiences of youth who are engaged in this process. Lastly, we will learn the lessons learned from these communities as they continue working to building a violence free future. To participate in this webinar, click [here](#).

Fundraising Activities



Sometimes fundraising is not an event or even the intended goal. In 2014, The James House celebrates 25 years of making a difference for survivors of abuse in the Tri-Cities area of Virginia. They are celebrating by creating an anniversary video project where they share stories from survivors, volunteers, and supporters every 2 weeks throughout 2014. So far they've shared 3 stories on their [YouTube](#) channel and videos have been viewed by people all over the world including the UK, Germany, Australia and more!

It might not be a fundraiser, but it's certainly getting people's attention and could lead to a lot of interest (and hopefully funds!) For more information, go to their website [here](#).

Board Development

Becoming a More Effective Nonprofit Board

Board performance is widely recognized as a critical ingredient in a nonprofit organization's ability to achieve impact. But what does effective board performance look like? And how can nonprofit boards become more effective? In an article featured by the Bridgespan Group, an organization that provides resources to nonprofits and philanthropists, a team sought answers to these questions. What emerged were some common themes on which a board must have clarity in order to improve its effectiveness:

- The bar on board performance is going up
- Oversight is not enough— providing strategic support, fundraising and building community support are all critical.
- HOW the board does its work is as important as what work it does
- Actually improving performance is challenging and shared around the role of the board is single most important factor in helping the organization create social change.

To read the entire article, go [here](#).

Self-care Tips

The National Center on Domestic Violence, Trauma and Mental Health developed a handout on the fingerhold practice. This practice is a simple technique that combines breathing and holding each finger. Practicing fingerholds can help to manage emotions and stress and comes from an Eastern Medicine tradition that believes each finger is associated with a set of emotions, and using the fingerholds with a healing intention can help to release the blocked energy and provide some relief.

To do the fingerhold, hold each finger, with the other hand, holding for as long as it feels comfortable. Slow down the breathe, or just paying attention to it, as you are doing the hold. Many adults feel relief after 2-5 minutes per finger, and children often need to hold their fingers for much less time (30 sec. – 1 min.) for it to feel useful. What is great about this technique is that it's easily accessible at almost anytime and good not only those working in the field, but also with clients. To read the entire handout, go [here](#).

